

### Abstract

A regimen for hunting includes using a number of activated carbon-containing personal items in connection with a hunter's apparel and body to reduce the hunter's scent for improved hunting. The personal items include mouthwash, deodorant/anti-perspirant, body and boot powder, bar and liquid soap for cleansing the body and hair, laundry detergent and dryer sheets. Each of the personal items includes an effective amount of activated carbon, so that use of the personal items reduces the available scent to be detected by animals in the wild.